

When Children Won't Eat: Picky Eaters versus Problem Feeders

Assessment and Treatment Using the SOS Approach to Feeding

COURSE AGENDA

DAY 1:

- 7:30am to 8:00am Registration
- 8:00am to 10:00am **I. Introduction**
A. Prevalence Data – Feeding Problems
B. Prevalence Data – Growth Problems
C. Complexity of Feeding/Eating & the Role of the Environment
D. Tenets of SOS
- 10:00am to 10:15am Break
- 10:15am to noon **D. Top 10 Myths - Overview**
E. Appropriate Diagnoses to Use
- II. Feeding Theory & Milestones** - How children learn to AND not to eat
A. Learning Theory
 1. Feeding Therapy Options
 2. Video
- 12:00pm to 1:00pm Lunch - On Your Own
- 1:00pm to 3:00pm **B. Myth 1 = Breathing**
C. Motor Skill Acquisition
D. Oral-Motor Skill Acquisition & Developmental Food Continuum
- 3:00pm to 3:15 pm Break
- 3:15pm to 5:00pm **D. Oral-Motor Skills & Developmental Food Continuum** - continued

DAY 2:

- 8:00am to 10:00am **II. Feeding Theory & Milestones** - continued
E. Sensory Skill Acquisition
F. Understanding the Role of Sensory Processing In Feeding
G. Steps to Eating - Overview
- 10:00am to 10:15am Break
- 10:15am to noon **II. Feeding Theory & Milestones** – continued
H. Cognitive Development
I. Psychological Developmental Stages
- 12:00pm to 1:00pm Lunch - On Your Own

DAY 2 continued:

1:00pm to 3:00pm

III. Treatment/Interventions

A. General Treatment Strategies

- 1. Social Role Modeling**
- 2. Structure/Routine**
- 3. The Correct Use of Reinforcement**
- 4. Accessing the Cognitive**

3:00pm to 3:15pm

Break

3:15pm to 5:00pm

III. Treatment/Interventions - continued

B. Food Jags

IV. Assessment of Feeding Problems

- A. Assessment Process**
- B. Referral Candidates**
- C. Reasons Children Won't Eat**
- D. Child Factors**
- E. Environmental Factors**
- F. Parent Factors**
- G. Practice Video 1**

DAY 3:

8:00am to 10:00am

IV. Assessment of Feeding Problems - continued

- H. Practice Videos**
- I. Parents' Experience**

10:00am to 10:15am

Break

10:15am to noon

V. The SOS Approach to Feeding – Theoretical Requirements

- A. Systematic Desensitization**
- B. Cues to Eating**
- C. Language Use**

12:00pm to 1:00pm

Lunch - *On Your Own*

1:00pm to 3:00pm

VI. The SOS Approach to Feeding – Therapy Sessions

- D. Therapy Format - Child**
 - 1. Room Set-Up + Modifications**
 - 2. Session Structure & Routine**

3:00pm to 3:15pm

Break

3:15pm to 5:00pm

VI. The SOS Approach to Feeding – Therapy Sessions - continued

- E. Therapy Format – Parent**
- F. Modifications Across Settings**
- G. Sensory Based Problem Solving**
- H. Progression Across Sessions**
- I. Graduation Criteria & SOS Data**

DAY 4:

8:00am to 10:00am	VI. <u>The SOS Approach to Feeding – Therapy Sessions</u> - continued J. Building a Food Hierarchy 1. Requirements 2. Practice
10:00am to 10:15am	<u>Break</u>
10:15am to noon	VI. <u>The SOS Approach to Feeding – Therapy Sessions</u> - continued K. Hierarchy Strategies – Moving Children Up the Steps 1. Play techniques per Step 2. Practicing hierarchy strategies
12:00pm to 1:00pm	<u>Lunch</u> - <i>On Your Own</i>
1:00pm to 3:15pm**	VI. <u>The SOS Approach to Feeding – Therapy Sessions</u> - continued L. Hierarchy Strategies – Oral Motor Steps to Eating M. Video: Progression Within Session N. SOS Data VII. <u>Managing Other Maladaptive Behaviors</u> A. Intervention strategies – Perseveration & Vomiting D. Emotion Based Discipline

** Participants are expected to attend the course for the entire length of each day (8am to 5pm, Days 1-3), and to stay at the course until 3:15pm on the last day in order to receive their Certificate and their full CEU credits. Participants will miss crucial information needed to be able to correctly use the SOS Approach to Feeding program if they come late or leave the course early.